



## Avoiding Big Mouth Syndrome

### Description

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. (Ephesians 5:15-16)

I want to thank many of you for reaching out to me to check in and make sure I'm ok. I know I have concerned a few of you with the burden of my heart that I have shared in a couple posts. If you did not get to read them and would like to you can [Read Best of Intentions](#) and [Beauty from Brokenness](#). God continues His healing work in me and for that I'm eternally grateful.

I know I don't share all of the details and that's because the details could harm someone else's reputation in your eyes. The Bible tells us "to only speak what is helpful for building others up according to their needs, that it may benefit those who listen (Ephesians 4:29)."

I have learned a valuable lesson in my 36 years of life. I've learned that sharing the details from painful experiences with others doesn't necessarily bring about a greater good. Sometimes sharing the details only fuels and fans the flame of my fury. It's better for me to take it to the Lord. To remember that He will bring justice through all things.

I want to make sure that when I speak I'm only sharing what can truly build the body of Christ up. I have a responsibility to use my mouth to advance God's glory, His purpose, and His love. I want God to use my mouth as an instrument of praise. And that sometimes means shutting it when I don't have good things to say.

What has happened is that this new wound has left a scar. The scar serves as a reminder of how faithful God is and what He can do when I'm surrendered to His purpose alone. I choose to look back and see this as part of the ongoing testimony that God is giving me. Every story in my life is God's, every trial is His to use, and every burden of my heart is open to be written so that it can serve a greater purpose! I live to testify of my King and the greatness of my Savior's work.

Thank you for your support, your ongoing prayers, and your love!

How can you take a current battle and make it into a praise for God? This week, focus on using your mouth only to build up and edify the body of Christ. May our mouths serve the purpose of our King!

*Lord, You know what has happened and I'm thankful that you can use all things to advance your good. Romans 8:28 continues to be a promise that I cling to with all my might. I know that you will bring good in and through every situation I face. I can count on you. I pray that the storms of my life will only be used to advance your glory. I pray this current scar will only serve as a reminder of who you are, what you have done through this, and how you have been faithful! I love you Lord. Good or bad, I love you! I'm all yours and my trials are yours to use!*

Avoiding Big Mouth Syndrome by Choosing to Praise God instead of Gossiping,

### Category

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### Tags

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